

Free Running



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著者:Sebastien Foucan

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Parkour is the art of movement and action. Its co-founder, Sébastien Foucan, has performed it in movies, commercials, and the music video for Madonna's song "Jump." In this book, Foucan displays his gravity-defying moves while sharing the inspirational philosophy of free running. With electrifying photos of Foucan in action, the book offers a new approach to how one moves through the urban landscape and the velocity at which one lives.

The author co-developed parkour in Paris and has popularized and promoted it around the world. Similar to skateboarding, parkour is more than just wonderful exercise: it is a whole new perspective on how to conquer the obstacles in the city — walls are for vaulting, rails are for riding, and steps are for jumping.

作者介绍:

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